

# Reuther Middle School

1430 East Auburn Road, Rochester Hills, MI 48307

Office (248) 726-4700, FAX (248) 726-4705

Wendy Darga, Principal

Matthew Fairchild, Assistant Principal



Dear Parent or Guardian:

Oct. 31<sup>st</sup>, 2019

Depression affects about 20% of adolescents by the time they become adults. In addition, according to the Center for Disease Control and Prevention, suicide is the **THIRD** leading cause of death of individuals aged 10-14 and the **SECOND** leading cause of death for college-age youth 17-24. (2017 CDC WISQARS)

In an effort to create awareness and help reduce the risk of depression, suicide and self-injury among our students, **your student's counselors presented a two day suicide & depression SOS (Signs of Suicide) program to ALL 7<sup>th</sup> Grade World Studies classes over the past two weeks.**

The goal of this SOS Program is to help students:

- learn the signs and symptoms of depression, suicide & self-harm
- understand that depression is a treatable illness
- understand what ACT is and stands for: A- (Acknowledge) C- (Care) T- (Tell)
- help students know whom, in the school and at home, they can turn to for help
- discuss and share healthy ways to "manage stress and deal with challenges"
- encourage students to create their own Mental Health & Wellness Plan

An electronic copy of the parent newsletter and a Parent Toolkit will be attached so that you have information and resources about Depression and Suicide and its' related risks. Please take a few minutes to read over this very important topic with your student.

If you have any questions or concerns, please do not hesitate to contact your student's counselor.

Mrs. Prashar: [aprashar@rochester.k12.mi.us](mailto:aprashar@rochester.k12.mi.us) or call (248) 726-4717.

Mrs. Suhajda: [jsuhajda@rochester.k12.mi.us](mailto:jsuhajda@rochester.k12.mi.us) or call (248) 726-4716

Sincerely,

Mrs. Prashar & Mrs. Suhajda (Your School Counselors)